



National Nutrient Database for Standard Reference

Release 28 slightly revised May, 2016

Full Report (All Nutrients) 48052, Vital wheat gluten

Report Date: May 20, 2017 22:42 EDT

Nutrient values and weights are for edible portion.

Food Group : Cereal Grains and Pasta

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error
Proximates				
Water ¹	g	8.20	1	--
Energy ¹	kcal	370	1	--
Energy	kJ	1548	--	--
Protein ¹	g	75.16	1	--
Total lipid (fat) ¹	g	1.85	1	--
Ash ¹	g	1.00	1	--
Carbohydrate, by difference	g	13.79	--	--
Fiber, total dietary ¹	g	0.6	1	--
Sugars, total	g	0.00	--	--
Minerals				
Calcium, Ca ¹	mg	142	1	--
Iron, Fe ¹	mg	5.20	1	--
Magnesium, Mg	mg	25	--	--
Phosphorus, P ¹	mg	260	1	--
Potassium, K ¹	mg	100	1	--
Sodium, Na ¹	mg	29	1	--
Zinc, Zn	mg	0.85	--	--
Copper, Cu	mg	0.182	--	--
Selenium, Se	µg	39.7	--	--
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	--	--
Thiamin	mg	0.000	--	--
Riboflavin	mg	0.000	--	--

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error
Niacin	mg	0.000	--	--
Pantothenic acid	mg	0.000	--	--
Vitamin B-6	mg	0.000	--	--
Folate, total	μg	0	--	--
Folic acid	μg	0	--	--
Folate, food	μg	0	--	--
Folate, DFE	μg	0	--	--
Vitamin B-12	μg	0.00	--	--
Vitamin B-12, added	μg	0.00	--	--
Vitamin A, RAE	μg	0	--	--
Retinol	μg	0	--	--
Carotene, beta	μg	0	--	--
Carotene, alpha	μg	0	--	--
Cryptoxanthin, beta	μg	0	--	--
Vitamin A, IU	IU	0	--	--
Lycopene	μg	0	--	--
Lutein + zeaxanthin	μg	0	--	--
Vitamin E (alpha-tocopherol)	mg	0.00	--	--
Vitamin E, added	mg	0.00	--	--
Vitamin D (D2 + D3)	μg	0.0	--	--
Vitamin D	IU	0	--	--
Vitamin K (phylloquinone)	μg	0.0	--	--
Lipids				
Fatty acids, total saturated	g	0.272	--	--
4:0	g	0.000	--	--
6:0	g	0.000	--	--
8:0	g	0.000	--	--
10:0	g	0.000	--	--
12:0	g	0.000	--	--
14:0	g	0.001	--	--
16:0	g	0.243	--	--
18:0	g	0.011	--	--
Fatty acids, total monounsaturated	g	0.156	--	--

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error
16:1 undifferentiated	g	0.006	--	--
18:1 undifferentiated	g	0.150	--	--
20:1	g	0.000	--	--
22:1 undifferentiated	g	0.000	--	--
Fatty acids, total polyunsaturated	g	0.810	--	--
18:2 undifferentiated	g	0.763	--	--
18:3 undifferentiated	g	0.048	--	--
18:4	g	0.000	--	--
20:4 undifferentiated	g	0.000	--	--
20:5 n-3 (EPA)	g	0.000	--	--
22:5 n-3 (DPA)	g	0.000	--	--
22:6 n-3 (DHA)	g	0.000	--	--
Cholesterol	mg	0	--	--

Amino Acids

Other

Alcohol, ethyl	g	0.0	--	--
Caffeine	mg	0	--	--
Theobromine	mg	0	--	--

Sources of Data

¹MGP Ingredients Nutrient Analyses of Vital Wheat Gluten, 2002 Atchison KS